Breville

Juice Fountain®

Professional Juice Extractor



INSTRUCTIONS FOR USE

Model JE95

CONTENTS

Juice Fountain®

Congratulations

Congratulations on the purchase of your new Breville Juice Fountain Professional Juice Extractor.



BREVILLE RECOMMENDS SAFETY FIRST

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

IMPORTANT SAFEGUARDS FOR YOUR JUICE FOUNTAIN PROFESSIONAL AND FOR ALL ELECTRICAL APPLIANCES

- Carefully read all instructions before operating and save for future reference.
- Do not push produce into the Feed Chute with your fingers. Always use the Food Pusher provided.
- Do not touch the small cutting blades in the base of the Stainless Steel Filter Basket.
- Do not leave the Juice Fountain unattended when in use. Close supervision is necessary when this appliance is being used near children. Do not allow children to use this appliance.
- Always make sure the Juice Fountain is properly and completely assembled before operating. The unit will not turn 'ON' unless properly assembled.
- Always use the Juice Fountain on a dry, level surface.
- Always turn the Juice Fountain off then turn off at the power point before disconnecting from the power outlet when not in use or when assembling.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in anyway, immediately cease use of the appliance and return the entire appliance to the nearest Breville Service Centre for examination, replacement or repair.
- Do not immerse power cord or motor base in water or any other liquid.
- Do not leave the appliance unattended when in use. Close supervision is necessary when this appliance is near children.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Do not operate any electrical appliance with a damaged cord or plug or after the appliance has malfunctioned or been damaged in any manner. Return the appliance to the nearest authorised Breville Service Centre for examination, adjustment or repair.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always turn 'OFF' at the power point and remove cord - if the appliance is left unattended, - if not in use, - before cleaning, - before attempting to move the appliance.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only.

WHEN USING THE JUICE FOUNTAIN ON HIGH SPEED, DO NOT RUN THE JUICER CONTINUOUSLY FOR LONGER THAN 4 MINUTES AT A TIME WHEN JUICING HARD FRUITS AND VEGETABLES.

EXTRA WIDE FEED CHUTE. DO NOT PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.

KNOW YOUR BREVILLE JUICE FOUNTAIN

Patented Extra Wide Feed Chute fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy.

Food Pusher for pushing whole fruit and vegetables down the patented wide Feed Chute.

Safety locking arm - Juicer will not operate without Juicer Cover in place and safety locking arm in place in the vertical operating position.

Juicer Cover (dishwasher safer.)

Stainless Steel Micro Mesh Filter Basket (dishwasher safe).

Large Pulp Container with integrated handle (dishwasher safe).

Filter Bowl Surround (dishwasher safe).

Dishwasher safe 1 Litre Juice Jug with integrated handle for left or right handed use.



Slide-in froth separator for removing froth from juice when pouring.

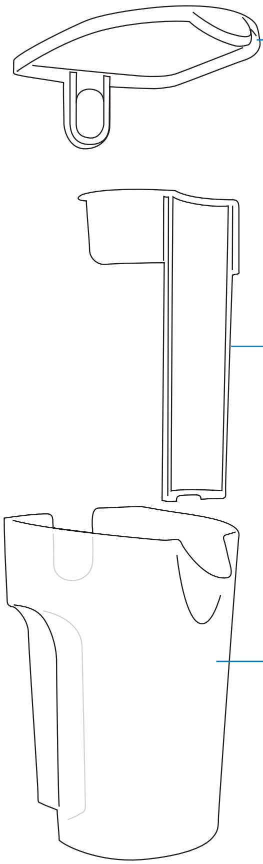
High performance Motor Base - 700 watt motor.

Cord Wraps around feet and clips into position under base.

3 position switch with two speeds and Off Low speed for juicing soft fruits with high water content such as watermelon. High speed for juicing hard fruit and vegetables.

KNOW YOUR BREVILLE JUICE FOUNTAIN cont'd

JUICE JUG



Juice Jug Lid allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator.

Slide-in froth separator.
Frother attachment ensures juice froth is separated from juice when poured into a glass.(if preferred)

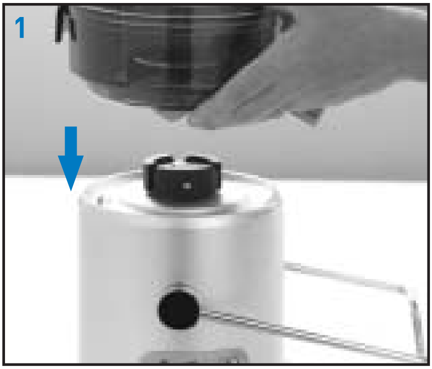
1 litre dishwasher safe juice jug.

NOTE!! **To have froth in the juice simply remove the slide-in froth separator attachment before juicing.**

ASSEMBLING YOUR BREVILLE JUICE FOUNTAIN

STEP 1.

Place Filter Bowl Surround on top of the Motor Base.



STEP 2.

Align the arrows on the filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the Stainless Steel Filter Basket is fitted securely inside the Filter Bowl Surround and onto the Motor Base.



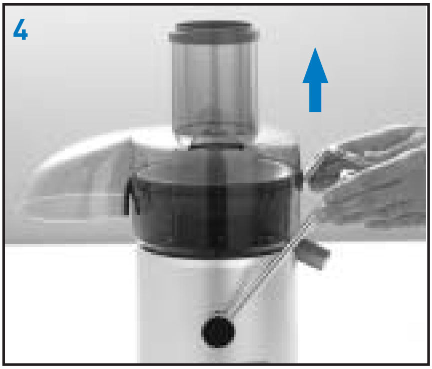
STEP 3.

Place the Juicer Cover over the Filter Bowl Surround, positioning the Feed Chute over the Stainless Steel Filter Basket and lower into position.



STEP 4

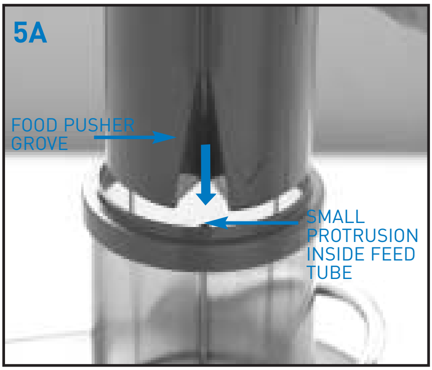
Raise the Safety Locking Arm up and locate into the two grooves on either side of the Juice Cover. The Safety Locking Arm should now be in a vertical position and locked into place on top of the Juice Cover.





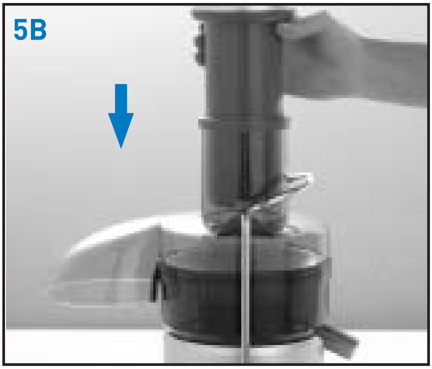
STEP 5.

Slide the Food Pusher down the Feed Chute by aligning the groove in the Food Pusher with the small protrusion on the inside of the top of the Feed Tube.



ASSEMBLING YOUR BREVILLE JUICE FOUNTAIN cont'd

Continue to slide the food pusher down the feed chute.



STEP 6.

Place the Pulp Container into position by tilting slightly.

Hint:

To minimize washing up we suggest you place a plastic freezer bag (or plastic grocery bag) into the pulp container to collect the pulp.



STEP 7

Place the juice jug provided under the spout on the right hand side of the Juice Fountain. The lid can be placed on to avoid any splatter.

NOTE!! **A glass could also be used to collect the juice.**



OPERATING YOUR BREVILLE JUICE FOUNTAIN

STEP 1.

Wash your selection of fruit and vegetables ready for juicing.

> *NOTE!!*
> **Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut to size as these will fit into the feed chute whole. When juicing carrots place the tip of the carrot into the feed chute last.**

STEP 2.

Ensure the Juice Fountain is correctly assembled. Ensure the stainless steel filter is thoroughly cleaned before each use (refer to care and cleaning on page 14). Ensure you place the juice jug (or a glass) under the spout before commencing juicing.

STEP 3.

Plug the power cord into a 230/240v power outlet and turn the power 'On'. Push the Two Speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced. Use the speed selector table as a guide for juicing different fruits and vegetables.

SPEED SELECTOR TABLE	
Apples	High
Apricots (stone removed)	Low
Beetroot	High
Blueberries	Low
Broccoli	Low
Brussels sprouts	High
Cabbage	Low
Carrots	High
Cauliflower	Low
Celery	High
Cucumber	Low
Fennel	High
Grapes (seedless)	Low
Kiwi fruit	Low
Mangoes	Low
Melons	Low
Nectarines (stone removed)	Low
Oranges (peeled)	High or Low
Peaches (stone removed)	Low
Pears	High for hard or Low for soft
Pineapple (peeled)	High
Plums (stone removed)	Low
Raspberries	Low
Tomatoes	Low
Watermelon	Low

WHEN USING THE JUICE FOUNTAIN ON HIGH SPEED, DO NOT RUN THE JUICER CONTINUOUSLY FOR LONGER THAN 4 MINUTES AT A TIME WHEN JUICING HARD FRUITS AND VEGETABLES, SUCH AS APPLES, CARROTS, AND BEETROOT. AFTER SUCH TIME, SWITCH THE JUICE FOUNTAIN PROFESSIONAL "OFF" FOR APPROXIMATELY 1 MINUTE BEFORE YOU RESUME JUICING.

STEP 4.

With the motor running, place food into the Feed Chute. Using the Food Pusher, gently guide food down the Feed Chute. To extract the maximum amount of juice, always push the Food Pusher down slowly.

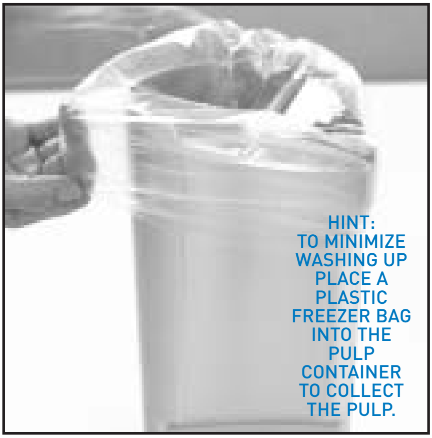


STEP 5.

Juice will flow into the juice jug and the separated pulp will accumulate in the Pulp Container.

NOTE!! **The Pulp Container can be emptied during juicing by turning the Juice Fountain "OFF" and then carefully removing the Pulp Container. (Replace empty Pulp Container before continuing to juice).**

NOTE!! **Do not allow the Pulp Container to overfill as this may prevent correct operation or damage the unit.**



NEVER USE FINGERS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.

DISASSEMBLING YOUR BREVILLE JUICE FOUNTAIN

STEP 1.

Turn Juice Fountain Professional "Off" at the power outlet and unplug.

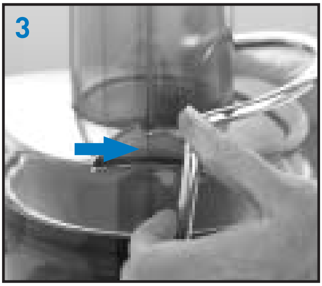
STEP 2.

Remove the Pulp Container by holding the handle and pivoting the bottom of the pulp container away from the juicer.



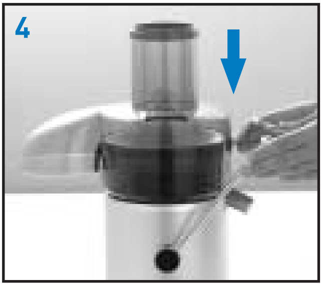
STEP 3.

Place both hands on either side of the Locking Arm and pull back and lift over the grooves on either side of the Juice Cover.



STEP 4.

Move the Locking Arm down.



STEP 5.

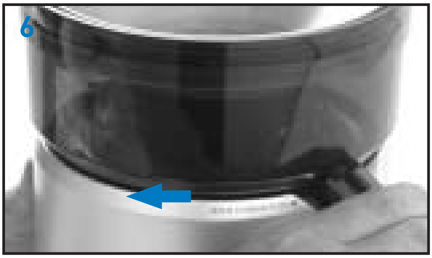
Lift the Juice Cover off the Juicer.



DISASSEMBLING YOUR BREVILLE JUICE FOUNTAIN cont'd

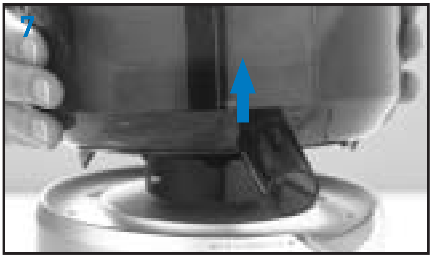
STEP 6.

To remove Stainless Steel Filter Basket, hold base of juicer and turn Filter Bowl Surround by the juice spout.



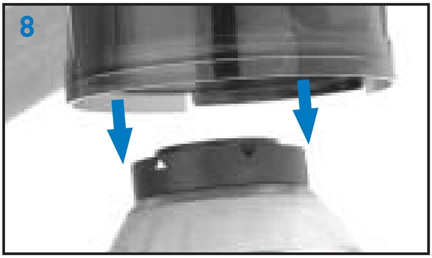
STEP 7.

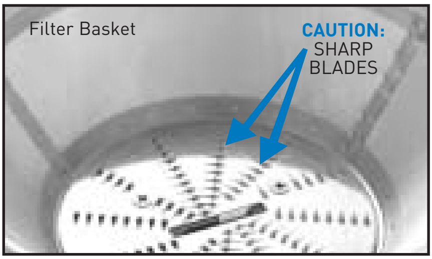
Lift off the Filter Bowl Surround with the Stainless Steel Filter Basket still in place.



STEP 8.

To remove the Stainless Steel Filter Basket, turn the Filter Bowl Surround upside down and carefully remove the Filter Basket. (It is recommended to remove the Filter Basket over the sink).

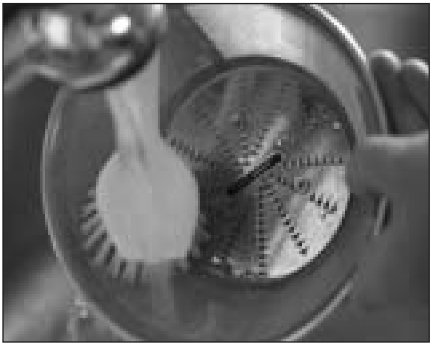




THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET.

CARE AND CLEANING

- For easy cleaning - immediately after each use rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit (see page 12) all removable parts may be washed in hot soapy water.
- The Juice Fountain Juice Cover, Filter Bowl Surround, Pulp Container, Stainless Steel Filter Basket and 1 litre Juice Jug are dishwasher safe (Top shelf only).
- Wipe the Motor Base with a damp cloth.
- Before washing Juice Jug, remove froth attachment and rinse under running water.
- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied nylon brush. Using the nylon washing up brush, hold the Filter basket under running water and brush from the inside of the basket to outer rim. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the Filter Basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the filter basket in the dishwasher.
- Do not soak the Stainless Steel Filter Basket in bleach.
- Always treat the Filter Basket with care as it can be easily damaged.



DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID.

THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAIN SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

CARE AND CLEANING cont'd

- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non abrasive cleaner.

NOTE!!

To assist with cleaning soak the Stainless Steel Filter Basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the Juicer.

NOTE!!

For your convenience a nylon cleaning brush has been included with your Juice Fountain.

Hint:

To minimize washing up place a freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp. When juicing is completed simply place the bag containing the pulp into a bin. (Refer page 19 for "Ideas on Using the Pulp").



TROUBLE SHOOTING GUIDE

Possible Problem	Easy Solution
Machine will not work when switched "ON"	The Safety Locking Arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the Juice Cover (see picture on page 8 step 4).
Motor appears to stall when juicing	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the Food Pusher down more slowly (refer page 10 step 4). Clean the filter bowl surround, the stainless steel filter and the Juicer Cover. Select high speed instead of the low speed setting.
Excess pulp building up in the Micro Mesh Filter Basket	Stop the juicing process. Remove the Juicer Cover, scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
Pulp too wet and reduced extracted juice	Try a slower juicing action. Remove stainless steel Mesh Filter Basket and thoroughly clean mesh walls with a fine brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the Juicer and Cover the Filter	Try a slower juicing action by pushing the Food Pusher down more slowly (refer page 11 step 4). Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
Bowl Surround Juice sprays out from spout	Try a slower juicing action by pushing the Food Pusher down more slowly (refer page 11 step 4).

TIPS ON JUICING

THE INSIDE INFORMATION ON JUICE

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables from an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy to make source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents.

Freshly extracted juices should be consumed just after they have been made to avoid a loss of vitamin content.

PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season (see the Fruit and Vegetable Facts chart on pages 20 and 21).
- Keep your fruit and vegetables ready for juicing by washing them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

TIPS ON JUICING cont'd

PREPARATION OF FRUIT AND VEGETABLES

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the Juice Fountain Professional if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prohibit browning.

Hint:

Your Juice Fountain Professional makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

THE RIGHT TECHNIQUE

When juicing a variety of ingredients with varying textures start with the softer textured ingredients on low speed then change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or leafy green vegetables either wrap then together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

NOTE!!

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them with a combination of other fruit and vegetables.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

NOTE!!

To extract the maximum amount of juice always push the Food Pusher down slowly.

TIPS ON JUICING cont'd

GETTING THE RIGHT BLEND

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods - would they work well together or would they clash. Some strong flavours could over power the more subtle flavours of others. It is however, a good rule of thumb to combine starchy, pulpy ingredients with those high in moisture.

USING THE PULP

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp (refer page 31). Apart from these, some of the other uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert.

Quite apart from the consumption use, pulp is great used in the garden for compost.

NOTE!!

When using the pulp, there may be some pieces of fruit or vegetable remaining. These should be removed before using the pulp in any recipes.

FRUIT AND VEGETABLE FACTS

Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	200g Apple =300kj (72 cals)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	30g Apricot =85kj (20 cals)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =190kj (45 cals)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries =295kg (70 cals)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =195kj (23 cals)
Brussels Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C B2, B6, E, Folate and Dietary Fibre	100g Brussels Sprouts =110kj (26 cals)
Cabbage	Winter	Wrap, trimmed in the refrigerator	Vitamin C Folate, Potassium B6 and Dietary Fibre	100g Cabbage =110kj (26 cals)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120g Carrots =125kj (30 cals)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower = 55kj (13 cals)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kj (7 cals)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cals)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300g Fennel = 145kj (35 cals)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cals)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100j (40 cals)

FRUIT AND VEGETABLE FACTS cont'd

Fruit and Vegetables	**Best Season To Buy**	**Storage**	**Nutritional Value**	**Kilojoule/ Calorie Count**
Fruit and Vegetables	Best Season To Buy	Storage	Nutritional Value	Kilojoule/ Calorie Count
Mangoes	Summer	Covered in refrigerator	Vitamins A, C, B1, B6 and Potassium	240g Mango =200kj (102 cals)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cals)
Nectarines	Summer	Crisper in refrigerator	Vitamin C B3, Potassium and Dietary fibre	180g Nectarines =355kj (85 cals.)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, tansfer refrigerator keep longer	Vitamin C 35mg/100g	150g Orange = 160kj
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fibre	150g Peach =205kj (49 cals)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear =250kj (60 cals)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cals)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums =110kj (26 cals)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31cals)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C Dietary fibre Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cals)

Hint:
Your Juice Fountain Professional makes invigorating frothy orange juice. Simply peel the oranges and juice. (Best to refrigerate oranges before juicing)

RECIPES - FRESH STARTS

APPLE, CARROT AND CELERY JUICE

Makes approximately 2 cups

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

4 small Granny Smith apples

3 medium sized carrots, trimmed

4 sticks celery

1. **Process apples, carrots and celery through Juice Fountain.**

Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE

Makes approximately 3 cups

2 medium tomatoes

1 large carrot, trimmed

2 celery stalks, trimmed

1 lime, peeled

1. **Process tomatoes, carrot, celery and lime through Juice Fountain.**

Serve immediately.

CARROT, BEETROOT AND ORANGE JUICE

Makes approximately 2 cups

2 medium carrots, trimmed

3 medium beetroot, trimmed

4 oranges, peeled

1. **Process carrots, beetroot and oranges through Juice Fountain.**

Serve immediately.

APPLE, PEACH AND GRAPEFRUIT JUICE

Makes approximately 2½ cups

1 small Delicious apple

2 large peaches, halved and seeds removed

2 grapefruits, peeled

1. **Process apple, peaches and grapefruit through Juice Fountain.**

Serve immediately.

PINEAPPLE, PEACH AND PEAR JUICE

Makes approximately 3 cups

½ small pineapple, peeled and halved

2 peaches, halved and seeds removed

2 small ripe pears

1. **Process pineapple, peaches and pears through Juice Fountain.**

Serve immediately.

RECIPES - FRESH STARTS cont'd

APPLE, PEAR AND STRAWBERRY JUICE

Makes approximately 3 cups

1 small Granny Smith apple

3 small ripe pears

1 cup strawberries, trimmed

1. **Process apple, pears and strawberries through Juice Fountain.**

Serve immediately.

ROCKMELON, MINT AND MANGO JUICE

Makes approximately 2¼ cups

½ small rockmelon, peeled, seeded and halved

3 sprigs fresh mint leaves

1 mango, halved, seeded and peeled

1. **Process rockmelon, mint and mango through Juice Fountain.**

Serve immediately.

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

Makes approximately 3 cups

3 medium tomatoes

1 large cucumber

1 large bunch fresh parsley

3 medium carrots, trimmed

1. **Process tomatoes, cucumber, parsley and carrots through Juice Fountain.**

Serve immediately.

KUMERA, CELERY, GINGER AND ORANGE JUICE

Makes approximately 3 cups

4 sticks celery, trimmed

1 small kumera (sweet potato), peeled and halved

2.5 cm piece fresh ginger

4 oranges, peeled

1. **Process celery, kumera, ginger and oranges through Juice Fountain.**

Serve immediately.

PARSNIP, CELERY AND PEAR JUICE

Makes approximately 3 cups

2 parsnips, trimmed

4 sticks celery, trimmed

4 medium pears, stalks removed

1. **Process parsnips, celery and pears through Juice Fountain.**

Serve immediately.

RECIPES - VITAMIN REPLACERS

TOMATO, CARROT AND RED CAPSICUM JUICE

Makes approximately 3 cups

2 small red capsicums

3 medium tomatoes

3 carrots, trimmed

4 sprigs parsley

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Juice Fountain.

Serve immediately.

BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes approximately 3 cups

250g blackberries

3 ripe pears

2 grapefruits, peeled

1. Process blackberries, pears and grapefruit through Juice Fountain.

Serve immediately.

BEETROOT, APPLE AND CELERY JUICE

Makes approximately 2 cups

4 medium sized beetroot, trimmed

2 medium Granny Smith apples

4 sticks celery

1. Process beetroot, apples and celery through Juice Fountain.

Serve immediately.

BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes approximately 3½ cups

500g blackberries

500g blueberries

500g strawberries, hulled

1 lime, peeled

1. Process blackberries, blueberries, strawberries and lime through Juice Fountain.

Serve immediately.

CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE

Makes approximately 3 cups

1 large cucumber

3 sticks celery

1 bulb fennel, trimmed

2 cups bean sprouts

1. Process cucumber, celery, fennel and bean sprouts through Juice Fountain.

Serve immediately.

FROTHIE ORANGE JUICE

Serves 4 /Makes 8-10 cups

1kg oranges, peeled

1. Process oranges through juice fountain.

Serve immediately.

(Best to refrigerate oranges before juicing)

RECIPES - LIQUID LUNCHES

FRESH VEGETABLE SOUP WITH NOODLES

Serves 4

1 small tomato

1 small onion, peeled and trimmed

2 carrots

1 green capsicum, base removed and seeded

1 tablespoon butter

1 tablespoon wholemeal flour

375ml vegetable stock

425g canned baked beans

1 packet 2 Minute Noodles

Freshly ground black pepper

1. Process tomato, onion, carrots and green pepper through Juice Fountain.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and baked beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

GAZPACHO

Serves 4

4 medium tomatoes

4 sprigs fresh parsley

1 large clove garlic, peeled

1 small onion, peeled and trimmed

2 carrots

2 stalks celery

1 red capsicum, base removed and seeded

1 lebanese cucumber

2 tablespoons red wine vinegar

freshly ground black pepper

1 cup crushed ice

3 tablespoons chopped fresh basil

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through Juice Fountain.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

Pour in extracted juice, sprinkle with basil and serve immediately.

PASTA WITH PROVENCALE STYLE SAUCE

Serves 4

4 tomatoes

2 sprigs fresh parsley

1 stick celery

2 large cloves garlic

1 small onion, peeled and trimmed

1 red capsicum, base removed and seeded

1 tablespoon tomato paste

½ cup red wine

2 teaspoons dried oregano

500g cooked pasta

3 tablespoons grated Parmesan cheese

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.

Serve immediately.

MANGO, ROCKMELON AND ORANGE YOGHURT DRINK

1 mango, halved, peeled and seeded

½ small rockmelon, peeled, seeded and cut into two equal portions

5 oranges, peeled

3 tablespoons natural yoghurt

1. Process mango, rockmelon and oranges through Juice Fountain.
2. Pour into a large bowl whisk in yoghurt.

Serve immediately.

RECIPES - ICY COOLERS

SPARKLING PEAR AND APRICOT COOLER

Serves 4

4 large apricots, halved and seeded

3 large pears

250 ml mineral water

1 cup crushed ice

1. **Process apricots and pears through Juice Fountain.**
2. **Scoop ice into 4 tall glasses.**
3. **Divide extracted juice between the glasses.**
4. **Top with mineral water, stir well to blend.**

Serve immediately.

ROCKMELON, STRAWBERRY AND PASSION CRUSH

Serves 4

½ rockmelon, peeled, seeded and divided into 2 equal portions

250g strawberries, hulled

pulp of 2 passion fruit

1 cup crushed ice

1. **Process rockmelon and strawberries through Juice Fountain.**
2. **Stir in passion fruit pulp.**
3. **Scoop ice into 4 glasses, pour over juice, mix well to combine.**

Serve immediately.

TROPICAL BLEND

Serves 4

2 mangoes, halved, seeded and peeled

3 kiwi fruit, peeled

½ small pineapple, peeled and halved

½ cup fresh mint leaves

1 cup crushed ice

1. **Process mangoes, kiwi fruit, pineapple and mint through Juice Fountain.**
2. **Scoop ice into 4 glasses, pour over juice, mix well to combine.**

Serve immediately.

TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICER

Serves 4

6 tomatoes

2 nectarines

½ cup fresh mint leaves

pulp of 4 passion fruit

1 cup crushed ice

1. **Process tomatoes, nectarines and mint leaves through Juice Fountain.**
2. **Stir in passionfruit pulp.**
3. **Scoop ice into 4 glasses, pour over juice, mix well to combine.**

Serve immediately.

RECIPES - ICY COOLERS cont'd

CUCUMBER, PINEAPPLE AND CORIANDER ICE

Serves 4

½ small pineapple, peeled and halved

2 cucumbers

½ cup fresh coriander leaves

1 cup crushed ice

1. Process pineapple, cucumbers and coriander through Juice Fountain.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

PEAR, RADISH AND CELERY CRUSH

Serves 4

3 medium pears

4 radishes, trimmed

3 sticks celery

1 cup crushed ice

1. Process pears, radishes and celery through Juice Fountain.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

RECIPES - SPIRITED JUICES

COCONUT PINEAPPLE COLADA

Serves 4

½ coconut, peeled and halved
½ large pineapple, peeled and quartered
3 tablespoons Malibu liqueur
500ml soda water
1 cup crushed ice

1. Process coconut and pineapple through Juice Fountain.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

HONEYDEW DREAM

Serves 4

1 honeydew melon, peeled, seeded and quartered
3 tablespoons Midori liqueur
500ml soda water
1 cup crushed ice

1. Process honeydew melon through Juice Fountain.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.

Serve immediately.

BLOODY MARY

Serves 4

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
⅓ cup Vodka
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through Juice Fountain.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

PEACH AND MINT JULEP

Serves 4

6 peaches, halved and seeded
½ cup fresh mint leaves
2 tablespoons Creme de Menthe
2 teaspoons sugar
½ cup crushed ice
500ml mineral water

1. Process peaches and mint leaves through Juice Fountain.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

Serve immediately.

RECIPES - ENERGY FUEL

GRAPE, KIWI FRUIT AND BERRY BOOSTER

Serves 6

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

500g green seedless grapes, stems removed

2 kiwi fruit, peeled

250g strawberries, hulled

500ml skim milk

2 tablespoons powdered protein drink mix

½ cup crushed ice

1. Process grapes, kiwi fruit and strawberries through Juice Fountain.
2. Mix in milk, protein drink mix and crushed ice.

Serve immediately.

APRICOT, APPLE AND PEAR SPARKLE

Serve 4

4 large apricots, halved and seeded

4 small red apples

3 medium pears

250ml sparkling mineral water

½ cup crushed ice

1. Process apricots, apples and pears through Juice Fountain.
2. Stir in mineral water and ice.

Serve immediately.

BEETROOT, CARROT AND ORANGE QUENCHER

Serves 4

8 carrots

2 small beetroots, trimmed

¼ cup fresh mint leaves

4 oranges, peeled

1. Process carrots, beetroot, mint leaves and oranges through Juice Fountain.

Serve immediately.

RECIPES - FIBRE FAVOURITES

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

CARROT, PUMPKIN AND FETA FLAN

Serves 6

8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
½ cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

1. **Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin.**
2. **Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°c for 25-30 minutes or until golden and set.**

VEGETABLE AND BACON SOUP

Serves 4

3 teaspoons butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved
reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
½ cup sour cream

1. **Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.**
2. **Remove ham bone, discard bone, finely chop meat and return to the pan.**

Serve topped with sour cream.

CARROT, APPLE AND CELERY STRUDELS

Makes 8

30g butter

1 small onion, finely chopped

4½ cups carrot, apple and celery pulp, strained

(see juice recipe on page 22)

250g cottage cheese

2 tablespoons chopped fresh mint

1 egg, beaten

12 sheets filo pastry

60g butter, melted extra

1 cup grated fresh Parmesan cheese

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
2. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
3. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°c for 20-25 minutes or until golden.

PARSNIP, HERB AND POLENTA HOT CAKES

Serves 6

2 cups parsnip pulp, strained

¼ cup milk

2 eggs, separated

¼ cup polenta (corn meal)

¼ cup self-raising flour

1 teaspoon chopped fresh thyme

1 teaspoon chopped fresh rosemary

1 teaspoon cajun seasoning

1 small red capsicum, finely chopped

1 tablespoon oil

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden.

Serve immediately.

BERRY AND WHITE CHOCOLATE MOUSSE

Serves 6

200g white chocolate

200g strawberry pulp

200g raspberry pulp

3 teaspoons gelatine dissolved in 3 tablespoons hot water

3 egg yolks

300ml carton thickened cream

¼ cup icing sugar

2 tablespoons Grand Marnier

1. Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

CARROT CAKE

1¾ cups plain flour

2 teaspoons baking powder

½ teaspoon nutmeg

½ teaspoon cinnamon

½ teaspoon cardamom

½ cup peanuts, chopped

½ cup sultanas

½ cup brown sugar, firmly packed

1½ cups carrot pulp

½ cup oil

2 eggs, lightly beaten

¼ cup sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

FAMILY MEAT LOAF

Serves 6-8

500g lean beef mince
500g sausage mince
2 onions, finely chopped
½ cup carrot pulp, strained
½ cup potato pulp, strained
2 teaspoons curry powder
1 teaspoon ground cumin
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
½ cup evaporated milk
½ cup beef stock
Freshly ground black pepper
2 tablespoons slivered almonds

TOMATO GLAZE

½ cup beef stock
4 tablespoons tomato sauce
1 teaspoon instant coffee powder
3 tablespoons Worcestershire sauce
1½ tablespoons vinegar
1½ tablespoons lemon juice
3 tablespoons brown sugar
¼ cup butter

1. Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11x21cm loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake, basting often with glaze, for 40 minutes.
2. To make glaze, place stock, tomato sauce, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.

NOTES

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